What is claimed is:

1. A shingle remover, comprising:

a pliers having an upper jaw opposing a lower jaw, said upper jaw coupled to a first handle, said lower jaw coupled to a second handle, said first handle pivotally coupled to said second handle; an upper plate coupled to said upper jaw; a lower plate coupled to said lower jaw; and an anvil coupled to said pliers.

- 2. The shingle remover of claim 1, wherein the anvil is fixed to at least one of said plates.
- The shingle remover of claim 1, further comprising:
 an elongated rod that couples said anvil to said pliers;
 a sliding hammer movably mounted on said elongated rod.
- 4. The shingle remover of claim 1, wherein said upper jaw is pivotally coupled to said first handle.
- 5. The shingle remover of claim 1, wherein said lower jaw is pivotally coupled to said second handle.
- 6. The shingle remover of claim 1, wherein said pliers is a Vise-Grip®.
- 7. The shingle remover of claim 1, wherein said upper plate is pivotally coupled to said upper jaw.

- 8. The shingle remover of claim 1, wherein said lower plate is pivotally coupled to said lower jaw.
- 9. A method for removing a shingle that is fixed to a substrate, including:

gripping the shingle between two plates; imparting a sudden force to an anvil coupled to said plates; and pulling the shingle from the substrate.

- 10. The method of claim 9, wherein the sudden force is imparted by a hammer.
- The method of claim 9, wherein the sudden force is imparted by a sliding hammer traveling on an elongated rod that is coupled to said plates.
- 12. The method of claim 9, wherein a nail that fixed the shingle to the substrate remains in the substrate, and further including shearing off a part of the nail.
- 13. The method of claim 9, wherein a nail that fixed the shingle to the substrate remains in the substrate, and further including pulling the nail out of the substrate.
- 14. The method of claim 9, wherein a nail that fixed the shingle to the substrate remains in the substrate, and further including pushing the nail further into the substrate.
- 15. A system for removing a shingle from a substrate, including:

means for gripping a shingle;

means for applying a force to said means for gripping the shingle sufficient to pull the shingle from the substrate.

16. The system of claim 15, wherein the shingle is fastened to the substrate with a fastener, and further including means for removing the fastener after the shingle is pulled from the substrate.